

April 2017

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Mar 2017						
S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

May 2017						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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 *Last Day Winter Swim Lessons
 *Speedo Sectional Swim Champs @VA Tech

2 Last Day Winter Swim Lessons	3 *(\$) Contemporary Dance Every Mon @5:30 **Last Day Winter Swim Lessons	4 (\$) Gentle Yoga-Every Tue @1:30	5 (\$) Tai Chi -Every Wed @7:50	6 FREE Hydrofit	7 (\$) Tai Chi - Every Fri @7:30	8 (\$) Axial Dance-Every Sat @12-5
9	10 * Springbreak Camp	11 * Springbreak Camp	12 ** Muscle of the Month: Triceps @7pm * Springbreak Camp	13 * Springbreak Camp	14 * Springbreak Camp	15
16	17 *(\$) Line Dance - Resumes Every Mon @ 7:30pm * Spring Break Camp	18 ** NCAP Practices full Team Resumes * Muscle of the Month: Triceps @11am	19 FREE Hydrofit	20	21 Group Fitness FREE Buddy Day	22 *(\$) Kid's Night Out 5-9pm ** NEW Spring Swim Session Starts
23 ** NEW Spring Swim Session Starts * New Stroke School session	24 NEW Spring Swim Sessions Starts	25	26 *(\$) Tween/Teen Yoga resumes in May @5:30pm ** Weight Room FREE Buddy Day	27	28	29

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